Natural Rearing Newsletter ©

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FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

Happy New Year gang! Wow. Seems a little strange writing 1999, the last year of the 90's with a new millennium just around the corner.

We've come a long way in the 90's. From being "in the closet" for using natural rearing to mainstream attention and acceptance of many forms of holistic health care.

In a recent survey sent to all 125 U.S. Medical schools (117 responded) it was reported that 75 schools were now offering elective courses in complementary or alternative medicine or including these topics in required courses.

The future of holistic veterinary medicine looks very bright indeed. More and more people want to participate in their own health care and the welfare of their animals. They are tired of the destruction and side effects of allopathic medicine.

In this issue I will be bringing you a report from the September 1998 American Holistic Veterinary Association's conference held in New Orleans. Even with a hurricane causing a flood in the city, and water soaking the lobby and flooding the basement of the hotel, attendance at the conference was at an all time high. Just shows you that nothing can 'dampen' the spirits of the truly committed!

In the last half of the 90's we have witnessed a proliferation of new publications and the demise of a few old ones. Some of these are not worth the trees that were cut down to produce them but they are signs of the times and the now unstoppable wave of interest in CAM (Complementary, Alternative Medicine).

By the end of 1998 our website contained the equivalent information of the average book. During 1999 we will be adding enough to fill another book. This is an ongoing labor of love. If you haven't visited lately do drop by at: http://www.naturalrearing.com. If you have your own page and wish to link to us, please feel free to do so.

And now let's get on with the good stuff.

FREE—WEIGHT LOSS PROGRAM THAT REALLY WORKS

Now that I've got your attention I'm going to make you wait until the last part of this article to learn the secret ingredient that you can use to effectively (and permanently) reduce excess weight.

In the meantime I would like to recommend a book I recently came across that could prevent and even cure some of the classical diseases of the human body. I know this is not directly related to our animals, but it is equally important that our pets' caretakers maintain their own health.

The title of the book is "Your Body's Many Cries For Water" written by F. Batmanghelidj, M.D. (sorry Charlie, I have no idea how to pronounce the name). Around here we are just referring to him as "Dr. B".

This may very well be the most important book you will ever read on health matters such as dyspeptic pain, rheumatoid joint pain, angina pain, hypertension, asthma, allergy, raised cholesterol, chronic fatigue syndrome, diabetes, etc.

I guess we all know that we are supposed to drink at least 6 to 8 glasses of water a day, but how many of us do? The evidence presented by Dr. B. certainly provides compelling reason to pay a lot more attention to our consumption of this "gift of life". (Sorry Charlie, coffee, coke, juices, etc. simply are not substitutes for plain old fashion water.)

IN THIS ISSUE

Free—Weight Loss Program That Really Works
1998 Holistic Veterinarian Conference
N.A.E.T.—A Special Report

His research and clinical experience fully justifies a major change in the way modern medicine views the effects of dehydration and the simple "cure" of treatment by water intake rather than drug treatment of the symptoms.

Turns out that the body, by design, has a very real specific water management system and that every function of the body is monitored and pegged to the flow of water. To quote Dr B. "One of the unavoidable processes in the body rationing phase is the complete cruelty with which some functions are monitored so that one structure does not receive more than its predetermined share of water. This is true for all organs of the body. Within these systems of water rationing, the brain function takes absolute priority over all the other systems."

When a water deficiency is detected, the management system begins to restrict the flow of water to areas of the body that are of a lower priority than the brain. In time the dehydration of these "less important" areas causes loss of some functions. The body gives signals of the water shortage but current medical practitioners have been taught to silence these signals with chemical products.

Again from Dr. B. "...chronic dehydration is the root cause of most major degenerative diseases of the human body; the diseases whose cause was not clear until now. Referring to any medical text-book, you will see over a thousand pages of verbiage, but when it comes to giving reasons for the major diseases of the human body, the statement in *all* cases is uniform and very brief: 'Etiology unknown!'..."

He provides a lot of detail for each of the diseases, their reasons, and some clear cut diagrams that help a layman understand the physiology that he refers to when explaining the effects of dehydration. The language he uses is as non-technical as possible when dealing with a complex subject.

"...Chronic pains of the body that cannot be easily explained as injury or infection should *first and foremost* be interpreted as signals of chronic water shortage in the area where the pain is registered—a local thirst" states Dr. B. The current medical community assumes these signals to be a complication of a serious disease process and begins to treat the symptoms with complicated procedures. "Although water by itself will alleviate the condition, medications or invasive diagnostic procedures may be forced on the person".

Sound familiar? What Doctor is going to believe that simply drinking enough water is a better solution than what the drug boys are offering?

He provides a rational and easily understood explanation of the reasons for high cholesterol and why water will alleviate this problem. You will also be amazed at the beneficial role salt plays in many functions of the body, particularly in the relief of high blood pressure.

Included in the book are reprints of a few of the many letters he has received giving true life stories of the seemingly miraculous turnaround of people suffering from a variety of ills, primarily due to lack of adequate water intake. (2)

Oh yeah. Weight loss. Almost forgot. In case you haven't already guessed it, the secret ingredient is WATER! In the vast majority of cases that Dr. B. has dealt with, one of the spin off benefits has been sustained weight loss in overweight people. Now don't go out and try to drown yourself with water. The whole key to this is the time that you drink your glasses of water.

Please remember that that you cannot substitute coffee, juice, soda or other liquid for water. When you read the book you will be intrigued by the section explaining how diet sodas can cause weight gain!

According to the good doctor, "The best times to drink water (clinically observed in peptic ulcer disease) are: one glass one half hour before taking food—breakfast, lunch, and dinner—and a similar amount two and one half hours after each meal. This is the very minimum amount of water your body needs. For the sake of not shortchanging your body, two more glasses of water should be taken around the heaviest meal or before going to bed."

"Thirst should be satisfied at all time. With increase in water intake, the thirst mechanism becomes more efficient. Your body might ask you to drink more than the above minimum".

He does caution us to make sure that the kidneys are doing their job and that the increase in urine should be proportionate to the increase in water.

With all the rhetoric on today's health care costs, you would think that the medical community would jump all over a chance to drastically change the cost of treatment for so many chronic diseases. If nothing else, you would think that the effects of drinking adequate water would be investigated.

Dr. B. has presented his findings to the American Medical Association, the National Institute of Health, the National Library of Medicine, and made numerous approaches to the Alternative Medicine Conferences to have his material presented. He has been virtually ignored by all of them. Not because his findings lack credibility, but because there is simply no funding available for the evaluation of water! Nobody can make any money by following the advice of Dr. B.

Maybe in the next millennium a major change will take place in the entire approach to medicine. Surely important information cannot be ignored forever only because there is no profit motive.

Do yourself and your family a great favor. Read the book and decide for yourself if you want to make a simple change in lifestyle to reap huge benefits.

It is a little hard to find so I will be carrying it in stock. It retails for $14.95 plus shipping. A few health food stores do carry it but it is not well distributed.

1998 HOLISTIC VET. CONFERENCE

Every time I write a report on the conference I am faced with the question of what to include and what to leave out. So much information is presented during the three days that it is virtually impossible (in this limited space) to give you all or even most of the details.

I wish there were some way that every vet in the country could be forced to attend at least one conference as a mandatory course in "continuing education". What an eye opener it would be for them.

I've never done this before but I would like to give you a broader perspective of the breadth of subject matter at a conference by listing the "Table of Contents" for this one:

- Potentials and Practicalities of Using Homeopathy in Your Practice, Christina Chambreau, D.V.M.
- An Introduction to Clinical Nutrition: Healing with Nutrition, David McCluggage, D.V.M.
- Western Herbs in Clinical Veterinary Practice, Gregory L Tilford, herbalist
- Introduction to Veterinary Acupuncture, Allen M Schoen, D.V.M., M.S.
- Healing with the Bach Flower Remedies, Adrienne Kirkland Moore, D.V.M.
- Introduction to Veterinary Chiropractic, Pedro Luis Rivera, D.V.M.
- Where to Begin When You Go Home, Deborah C. Mallu, D.V.M.
- Nutrition and Cancer: Frontiers for Cure !, Gregory K. Ogilvie, D.V.M., Diplomate ACVIM
- Controversies in Veterinary Oncology: Complementary/Holistic Cancer Therapy—Fact or Fiction, Gregory K Ogilvie, D.V.M., Diplomate ACVIM
- Feng Shui: for the Home, Practice and Health, Michelle J. Rivera, C.M.T
- Alternatives to Euthanazation of Animals with Colors and TCM Tools, Dr. Rosina Sonnenschmidt
- Crookedness in the Horse and its Far-reaching Implications, Lauren De Rock, D.V.M.
- External Reference of the Equine Foot, Dave Duckett, FmcF.
- Using Chinese Herbal Medicines to Treat Viral and Bacterial Infections, Jake Paul Fratkin, O.M.D.
- N.A.E.T., Allergies and the Immune System, Deva Kaur Khalsa, V.M.D.
- Energy Anatomy and Energy Medicine and Healing, Deborah C. Mallu, D.V.M.
- The Healing Weeds: Pasture Enrichment Planting for Equine Health, Ihor Basko, D.V.M.
- Holistic Management of the Young Performance Horse, Kim Henneman, D.V.M.
- Integrative Treatments of Chronic Cases, Cheryl Schwartz, D.V.M.
- Antioxidants and Polyphenols in Inflammation and Apoptosis, Robert A. Ronzio, Ph.D. ,C.N.S, F.A.I.C.

Here are a few of the highlights.

Gregory K. Ogilvie, DVM, Diplomate ACVIM (Internal Medicine, Oncology)

As the number of cancer cases in animals appears to be on the upswing, (malignant disease is higher in dogs than in humans), I was very interested in Dr. Ogilvie's presentation.

Cancer causes profound alterations in carbohydrate, protein, and lipid metabolism that results in a syndrome known as *cancer cachexia.* This is the basic cause of weight loss, even though the diet appears to be adequate. Nutritional support is essential in cancer cases.

It appears that dogs with cancer convert simple carbohydrates into lactate. Due to this change in metabolic process, the tumor ends up with a net energy gain while the host has a net energy loss. Therefore, it can be hypothesized that foods that have a minimum of simple carbohydrates may be ideal for dogs with cancer. Dr. Ogilvie pointed out that administering lactated Ringers solution to dogs with lymphoma makes this problem worse.

The change in the metabolism of protein results in a negative nitrogen balance with important clinical implications. Since all protein is functional, net protein loss in cancer cachexia results in decreased cell mediated and humoral immunity, gastrointestinal function, and wound healing. Thus the subject will have less ability to absorb nutrients and with the decrease in immune function will be susceptible to other secondary infections.

Cancer also changes amino acid and lipid metabolism and strips some of the amino acids from the body. Correcting some of these abnormalities in amino acid levels may have profound clinical impact. For example, supplementation of arginine in deficient patients has been shown to improve immune function.

Specific types of triglycerides and fatty acids have been shown under experimental conditions to minimize cancer cachexia and in some circumstances, to have anticancer effects. Fish oils that are high in Omega 3 have been shown to be effective for promoting weight gain while having an anticancer effect. It was interesting to learn that Omega 6 appears to have the opposite effect.

It is important to know the nutritional status of an animal when calculating a dosage of an anticancer drug for a patient. Clinically, it has been observed that well nourished patients tolerate chemotherapy better than malnourished patients. In malnourished patients drug regimens may have to be adjusted in order to prevent dangerous side effects. At the present time there is little known about the precise relationship of drug toxicity based on nutritional condition of the animal.

A recent symposium was conducted concerning the use of nutrition as an adjuvant in cancer therapy. Great interest was generated during the discussion about the use of beta carotene, vitamins A, K, E and C, retinoids, magnesium and fatty acids. The bottom line is that many nutrients need to be explored to determine their beneficial effects on the cancer patient.

I talked to Dr. Ogilvie after the presentation to clarify a few diet questions. I mentioned that there were numerous people saying that all grains should not be used, based on his work and comments about carbohydrates. Some are even claiming that whole grains cause cancer and that only meat and vegetables should be fed to a dog.

He most emphatically stated that this was a complete misunderstanding of what his research has shown. In animals that already have cancer, simple carbohydrates should be avoided. Complex carbohydrates that are found in whole grains such as oats, barley, bran, etc. are necessary both for nutrition and fiber. This applies to all dogs irrespective of whether or not they have cancer!

Let's be clear about this. The primary function of carbohydrates is to provide energy for the body, especially the brain and the nervous system. The body breaks down starches and sugars into a substance called glucose, which is used for energy by the body. An understanding of how a tumor uses glucose is essential to minimize metabolic alterations in carbohydrate metabolism in the cancer patient. For you science buffs I would suggest you contact Dr. Ogilvie for the exact mechanisms of this action. For us regular folks, this upset in metabolism can be compared to some types of type II diabetics. Thus, dietary therapy for diabetes may be effective in helping to control some cancers.

Simple carbohydrates occur naturally in some fruits, milk and milk products, and starchy vegetables (like potatoes). They are also found in processed foods containing refined grains and sugars. Most commercial dog foods contain a high percentage of simple carbohydrates.

Complex carbohydrates are good sources of minerals, vitamins, and fiber. They are starches found in whole grains, vegetables (carrots, Brussels sprouts etc.), and legumes.

For dogs with cancer, he recommends a basic diet consisting of about 32% fat, 37% high quality protein, and 21% complex carbohydrates. Good additions would be things like cottage cheese, yams, pumpkin, cooked eggs and bran or oats for fiber. (He suggests about 1 tablespoon of bran for each 40 pounds of weight). As mentioned previously, the addition of medium chain fatty acids and omega-3 fatty acids may be of great value in treating dogs with cancer.

He did tell me that all his research has been based on animals being fed a commercial diet and that he has had no opportunity to deal with animals on a raw diet. There is so much confusion going on at the present time concerning diet in general and cancer diets in particular that I wanted to urge you to question the "source" of the information and the basis of the conclusions drawn. Specific cancer diets professing to be based on Dr. Ogilvie's work are at best, guesses and at worst, faulty. He simply has never provided an overall specific diet and until a lot more research has been done it is unlikely that he will. Each diet must be custom tailored to each case.

It would be interesting to do a survey of the incidence of cancer found in totally natural reared dogs compared to that found in the general population. Of course I can't be certain but I would strongly suspect that the ratio would be startlingly lower for the natural reared animals.

Jake Paul Fratkin, O.M.D.

Dr. Fratkin gave us a great talk on "Using Chinese Herbal Medicines to Treat Viral and Bacterial Infections". With a couple of thousand years of traditional usage, it's no wonder that the list of Chinese herbs is extensive and well described. Practical evidence of their efficacy is obvious from their wide spread usage in many parts of the world as the "first choice" in medical practice.

He did speak out strongly on the subject of over-use of antibiotics. He pointed out that 80% of infections are viral, not bacterial, and antibiotics are not appropriate for viral infections.

They are worse than toxins and vaccines and can cause "leaky gut" syndrome which then goes on to cause chronic illness. Where they are appropriate, he suggests that three days of antibiotics are sufficient in most cases. This is especially true in epithelial conditions (i.e. upper respiratory).

His notes contain many Chinese formulations for a broad variety of bacterial and viral infections. A neat way of classifying some of the herbs is to consider that the energy of most 'flowers' go up and out. Barks are astringent and go into the body. Roots go deep into the body.

One of the formulas that I will be carrying from now on is called *Formula #15.3 Bao Xing.* This is a natural non-steroidal anti-inflammatory (NSAID), pain relief, anti-biotic, anti-virus, anti-fungus, immune booster.

#15-3 is primarily a pain killer that works faster and more powerfully than Ibuprofen in managing pain due to all causes including: headache, migraine, cold, flu, arthritis, gastritis, peptic ulcer, intestinal cramps, uterine and vaginal spasm, rheumatism, neuralgia, toothache etc. It replaces aspirin, Tylenol, etc. without any side effects.

It is a powerful anti-inflammatory, powerful antibiotic, antibacterial, anti-amebic, anti-carcinogenic, non-anaphylactic, non-allergenic, powerful immune supporter, that is safe for all conditions, safe for any age group, safe at the extremely high dosage level, without any known or expected side-effects.

I will also be bringing in *Five Flavor Teapills* (applicable in mastitis, urinary tract or kidney infection) and *Pe Min Kan Wan (*for congestion and upper respiratory distress) and several others.

There is an overwhelming amount of knowledge concerning Chinese herbal medicines that can be directly adapted to veterinarian health care. We are indeed fortunate to have people like Dr. Fratkin available to teach us and lead the way.

With all the alternatives open to us for treating infectious disease, I can easily understand why many holistic veterinarians run a "drug free" practice. Now if we can get more of the orthodox vets to at least open their minds a little, what a wonderful new millennium we will have.

Deva Kaur Khalsa, V.M.D.

Dr. Khalsa's presentation on "N.A.E.T., Allergies and the Immune System" was one of the most exciting parts of the whole conference. She dazzled us with case after case of both dogs and cats that she has completely cured of allergies using the N.A.E.T. technique. (I'll give you more details about N.A.E.T. in a separate article.) The 'before' and 'after' pictures of these cases were nearly unbelievable.

She has found in her clinical experience that many other problems such as irritable bowel disease, arthritis, and autoimmune disease have as an underlying cause, an exaggerated immune reaction (an allergy). Once the allergies have been eliminated, the disease is also cured.

To understand the importance of this work we need a little background. An allergy is the body's unbalanced response to a substance. This response is often extremely exaggerated. An example is death occurring rapidly after eating a peanut or getting stung by a bee. Even mild reactions to environmental or food substances drain the body of the vital force and uselessly drain the immune systems resources. When the immune system is busy dealing with the inappropriate reactions to food and environmental allergens, it is not available to fight bacterial infections, cancer and other insults to the body and the vital force.

The allergic response is not only a physical manifestation but also an energy flow problem. In a healthy state, neurological information and energy flows are unblocked and free flowing. The communication necessary for perfect health is unrestricted. When there is a blockage or imbalance in the body, the flow of energy is disrupted and the original programming of the immune system is distorted.

Those of you familiar with computers know that when the original programming gets messed up, all sorts of weird things can happen—from mild glitches to complete crashes. Like a computer, if the body over-reacts to an environmental, food, or internal stimulus, it indicates a breakdown in its programming.

The N.A.E.T. technology starts a corrective programming to flow through the body and reprograms any incorrect and non-optimum functions. This reprogramming usually is permanent. Correcting the original source of the imbalance then restores the flow of energy. When the harmony of the body is restored and balanced, illness and disease resolves.

Dr. Khalsa pointed out that food is the primary basis for all allergies, because many of the items found in food are also in the environment. Animals are also commonly allergic to grasses, weeds, pollens, molds and dust. Vaccines are another common cause of allergies. The viruses are incubated in beef kidney and beef serum, egg or chicken and thus are related to food allergies.

She made an interesting observation about the origin of Parvovirus. Vaccines are often polluted with other viruses. When the Parvovirus broke in dogs many years ago, the disease appeared simultaneously in Japan, England and the United States. "It is unlikely that the dog who started it was on a world cruise" she said. The virus was similar to Feline Panleukopenia virus. The canine vaccine had been contaminated with it for years and it finally mutated and jumped species. Once a virus contaminates a vaccine it is almost impossible to find or eradicate it.

It really irks me to know that all the suffering and deaths of dogs from the Parvovirus goes back to a contamination problem with the pharmaceutical companies.

She explained that the typical dog or cat case is one in which the animal becomes progressively more allergic over the years. The dog may itch for 2 weeks the first summer; 2 months the following summer; 6 months during the next year and ultimately deteriorate to year around allergies. As time progresses, with poor quality foods, vaccines and suppressive medical treatments, the energy meridians become more congested and then blocked, along with associated organs and muscles.

The allergic dog, cat or individual tends to become allergic to what he is exposed to on a frequent basis. Dogs and cats frequently eat the same pet food day after day and simply become allergic to what they eat. In an attempt to outrun food allergies, the food is changed. Initially, it is changed to lamb and rice and when they become allergic to the lamb, to venison and rice. When they become allergic to the venison, the food is changed to rabbit and rice, and on and on and on.

The basic cause of the allergy has not been treated and running away from the underlying cause can never cure the animal. Prednisolone simply depresses the immune system further and disrupts the healthy functioning of the hepatic system, which is needed to clean out the body, particularly with allergies. One of the bonuses of N.A.E.T. is that it will still work if the animal is on prednisolone or a similar steroid.

In her holistic practice she uses many modalities (such as Chinese herbal medicine, Homeopathy, herbal and nutritional supplements, etc.). She has found that the additional training in the use of N.A.E.T. has greatly enhanced her success in treating a broad variety of conditions.

It was amazing to see a few of the case histories with autoimmune diseases that were virtually brought back from a death sentence to happy, thriving animals. She views autoimmune disease as another form of allergy. Essentially it is an exaggerated immune (allergic) reaction of the body against itself. She classes N.A.E.T. technology as a reliable technique to treat and cure autoimmune disease. From her slide presentation I don't think anyone at the conference would argue the point.

I have long been an admirer of Dr. Khalsa and her broad base of knowledge. She is truly a gift to Western veterinarian medicine. This seminar on N.A.E.T. really got me enthused to learn more about the technique. I just had to find out if this was a practical system that I could use for myself, my family, and of course my dogs. Results? See my special report in this issue.

N.A.E.T.--A Special Report

Quote from the *Alternative Medicine Digest:*
"N.A.E.T. Stands for the NAMBUDRIPAD ALLERGY ELIMINATION TECHNIQUE and is used for the detection and elimination of allergies. Developed by Devi Nambudripad, D.C., L.Ac., R.N., Ph.D., this non-invasive method combines kinesiology's muscle response testing, acupuncture or acupressure and chiropractic to retrain the brain and nervous system. After identifying allergic substances through muscle response testing, the N.A.E.T. practitioner uses acupuncture or acupressure to retrain the brain and nervous system to no longer respond allergically to a problem substance."

"Your brain interprets what it used to think was a poison, seeing it now as a harmless, acceptable substance. This produces a totally new, permanent and irreversible response to the allergen, leaving you allergy-free.

"The genius of this approach is that it takes the allergy out of any substance and turns the allergic body into the allergic free body." End Quote.

As most of you know, I am a bit of a "doubting Thomas" when something sounds too good to be true. I have also been a little skeptical about the accuracy of kinesiology (muscle testing). However, I do respect Dr. Khalsa and there was no question about the results she was getting using N.A.E.T. on animals.

So with some excitement and a healthy dose of skepticism I applied and was accepted for Dr. Nambudripad's courses in basic and advanced N.A.E.T. taught to professionals at her training center in Los Angeles, California.

Her personal story is intriguing. I used to think that I suffered from allergies as I was growing up. I know I was very miserable during that time. Compared to Dr. Nambudripad, I was virtually healthy. She was very ill with allergies all her life. By the time she moved to Los Angeles, she was taking 30 aspirin a day to survive. She lived exclusively on a diet of polished white rice and broccoli. The only fabric she could touch was silk. Can you even begin to imagine being allergic to everything except white rice, broccoli, silk and aspirins?

One day, while waiting for her white rice to cook, she nibbled on a carrot stick. In a few minutes she had an allergic reaction. She gave herself an acupuncture treatment to keep herself from going into shock and fell asleep on the bed. When she awoke some 45 minutes later, she felt strangely different. She was not sick or tired anymore and instead felt a renewed pleasant energy. She couldn't understand why. When she got up from the bed she found that she still had a few pieces of carrot stuck to her hand and that she had dropped pieces on the bed and had been lying on them accidentally during the acupuncture treatment. I consider it a stroke of genius that she suspected a link between holding an allergenic substance within the body's electromagnetic field while receiving an acupuncture treatment and the body's corrective response.

Her subsequent investigations confirmed her suspicions. She delved deeply into the relationship and eventually developed what is now known as N.A.E.T.

After curing herself and her family of allergies, she extended her method to her patients with equal success. Realizing that almost by accident she had stumbled on to a powerful answer to allergic suffering, she began to teach her protocol to other Doctors and professional health care givers.

Over time, Dr. Nambudripad has now trained over a thousand health care professionals and has virtually revolutionized the practice of allergy treatment. All across the country thousands of patients have been treated with amazing permanent results.

During the last few years it was discovered that N.A.E.T. works equally well for animals and a few holistic veterinarians have adopted the method into their practice with equally startling results.

When I began the basic training course, I really wasn't sure what to expect. Sure, I had seen and heard a lot about the success others were having but the big question in my mind was, can I personally obtain the same results?

I needn't have been concerned. There were no mystical powers needed and no special mumbo-jumbo involved. After all the many years of research and clinical experience, Dr. Nambudripad had refined the entire N.A.E.T. process into a step by step procedure that could be taught to others in a forthright manner.

We were all provided with our own set of laboratory produced allergen test kits and were taught how to use her method of kinesiology to determine which specific allergens a patient might be suffering from. We then practiced this on each other. As this was my first "hands on" experience with muscle testing I freely admit that I was pleasantly surprised to find that after my first few fumbling attempts I got the hang of it and found that I could be consistently right (double checked by Dr. Nambudripad).

It was explained that most often, people will be allergic to certain food groups without even being aware of it. From lengthy clinical experience, Dr. Nambudripad has identified the top dozen or so. To begin with, the patient needs to be tested for each of these and if positive, treated and cleared in a specific order, one at a time, before moving on to other allergens or combinations of allergens. It has been her experience that once this is done several other allergens may be simultaneously cleared.

Once the first allergen to be treated is identified, further kinesiology (O-ring) testing is done to determine the three main categories of energy blockage:

1. STRUCTURAL/ENVIRONMENTAL –Patient can have pain, stiffness or muscle spasm tested with this category.
2. NUTRITIONAL/CHEMICAL—This shows a chemical or nutritional involvement in the body as a result of the allergen.
3. EMOTIONAL/PSYCHOLOGICAL—A psychological component is associated with the allergy.

Once Dr. Nambudripad was satisfied that each student was able to test successfully, our training moved on to the treatment technique.

The first step is to have the patient lay face down and hold a small clear glass vial of the allergen (from our laboratory kit) in his/her hand. The practitioner then applies an acupressure technique from the top to the bottom of the spine. This is an easy technique to understand when you see it but not easy to describe in words alone.

If you visualize closing your hand with your thumbs extended (the old Siskle and Eibert two thumbs up sign) you will have a picture of the practitioners hands. Starting at the base of the neck of the patient, the thumbs of the practitioner are placed approximately ½ inch on either side of the vertebra (spine). With deliberate and firm pressure, the thumbs are pressed directly into the back at each vertebra site all the way down the spine. The procedure is then repeated with the thumbs placed some 1and 1/2 inches from the spine rather than only the ½ inch used for the first pass.

The patient continues to hold the allergen vial for fifteen minutes after the acupressure treatment. (Personally I found that after the acupressure treatment I was very relaxed and felt very good while waiting the required fifteen minutes.)

The patient is then tested with kinesiology again. If all is well, the main energy gate points are closed and that concludes this portion of the treatment. (Dr. Khalsa has determined that closing the gate points in animals is not necessary.)

Then comes the 'fun' part. The patient must avoid and completely stay away from the specific allergen for a minimum of 25 hours. Exposure to the allergen during this time frame can nullify the treatment.

Why 25 hours? There are 12 energy meridians in the body. In the body's biological clock, they each run for 2 hours. Thus 12 X 2 = 24 + 1 for good measure = 25.

The easiest way to think of this is again by comparing it to a computer. You need to correct the programming on your hard disc. So, you load your corrective program (15 minutes with the body touching the allergen) and let it run through all the systems (the 12 partitions on your massive hard drive) to do its job. Now the body computer is functioning correctly and in harmony with the allergen treated.

After the 25 hours have passed, the patient is checked again to ensure that the body is no longer allergic to this particular allergen.

Assuming the treatment has been successful, the patient is then re-tested for the next allergen. Sometimes it is found that by clearing previous allergens, others are also cleared.

If the treatment has not been successful (probably from an exposure to the allergen during the 25-hour period) then it must be repeated before moving on to the next allergen.

After finishing the basic training course I could hardly wait to get back home and start applying the technique to my family and animals.

I won't go into all the details here but I do want to tell you that when I cleared my Dad's allergy to eggs, I converted a professionally trained pessimist (accountant) into an enthusiast for the N.A.E.T. process.

A short time later, it was back to Los Angeles to take the advanced training course. After a quick review of the basics and more practice, we learned to test for Acid, Base, RNA, DNA, Hormones, etc. Dr. Nambudripad taught us how to become virtual detectives in the search for unexpected allergies.

For example, she related one case history where it turned out that a woman was allergic to the sound of her husband's voice! In another case, a 32 year old man who frequently had skin cancer on his face, was evaluated and found to be highly allergic to the stainless steel blade of the razor he used. Or consider the case of a baby's allergic reaction to certain foods that the mother ate and passed along the constituents in the breast milk.

We delved deeply into the science and theory of allergic reaction not only from physical substances, but also the mental, emotional, and electrical energy levels.

We learned to test for the particular vital organ or portion of the body that was being affected by the allergen and which once cleared of the allergen may need nutritional support to assist in the healing process.

Unfortunately, allergies are not well diagnosed by Western methods. An undiagnosed or undetected allergic condition can produce symptoms that mimic other conditions. Respiratory problems like bronchitis, pneumonia, and asthma; circulatory problems like chest muscle pains, poor circulation, rapid heart beats, heart irregularities; gastro-intestinal problems like indigestion, acute abdominal pains, bloating, constipation diarrhea; genito-urinary problems like kidney and bladder infections, prostate troubles, impotency, infertility; muskulo-skeletal problems like unexplained pains anywhere in the body, various types of headaches, backaches, arthritis; brain symptoms like brain fog, depression, anger, attention-deficit disorders, hyperactivity, learning disorders; skin problems like eczema, boils, slow healing wounds; environmental reactions like multiple chemical sensitivity, allergy to pollens, perfumes, carpets, etc.....just about any health condition could merely be a symptom of underlying allergies.

As an example, take the case of a 56-year-old female, suffering from asthma for seven years. Whenever she went to bed, she woke up with asthma in a couple of hours. Then she would sit up and wheeze for a while, go back to sleep, only to wake up and wheeze again in two more hours. Her doctors told her that she suffered from cardiac asthma. When tested by Dr. Nambudripad, she was found to be allergic to tap water. Evidently she had bought a waterbed seven years ago and of course filled it with water from her tap. After she was treated

for the tap water her symptoms disappeared and she hasn't had another asthmatic episode.

I can't even begin to give you all the details of the N.A.E.T. training program in this forum. However, I am pleased to report that after successfully completing both the basic and advanced courses, I am now registered as a Certified N.A.E.T. practitioner.

Of course my primary interest is in working with animals. In this regard I am most thankful for the work of Dr. Deva Kaur Khalsa, V.M.D. She has led the way in veterinary application of N.A.E.T. and is gracious enough to share this specialized knowledge with other health care professionals.

Dogs and cats are allergic to the same basic food components that humans are. When anyone is allergic to the food or the nutrients in the food, then one cannot absorb or assimilate the nutrients. Dogs and cats can be treated, of course, for the particular food they eat, the water they drink, then checked on which of the essential food group items they did not clear during the pet food treatment. They can then be treated in the proper sequence for those items.

N.A.E.T. is not a magic bullet that clears up all allergies in one shot. It is a step by step process requiring that both the patient and the practitioner work together to achieve total cure. Dr. Nambudripad has found that with people, the average number of treatments required is about thirty. Dr. Khalsa has found that animals clear much easier and with a lot fewer treatments than is common with people.

The actual method of treating animals does vary slightly from the human method. Dogs are not asked to hold the allergen vial in their paws for fifteen minutes. Instead, the vial containing the allergen is tied around the animal's neck or collar. It does not have to contact the animal, just be near it. The acupressure technique remains the same. Starting from the base of the neck and running to the base of the tail, one pass is made close to the vertebrae and a second pass a little further out.

The bad news is that there are very few veterinarians trained in this field of treatment. The good news is that the N.A.E.T. practitioner can do kinesiology testing from hair samples of the animal. Owners can be taught to apply the technique at home. In this manner, by owner and practitioner working together, much needless allergy suffering can be alleviated without having to travel long distances to find a certified practitioner.

To be perfectly frank, I had many reservations about hair testing until I tried it with my own dogs. My concerns were soon to disappear when I found that I could consistently identify each allergen with the hair of each dog (7 tested) with exactly the same results as I got when testing the animal itself. I even went so far as to use my father, the pessimist, as a surrogate and again duplicated the same results.

When we were clearing allergens with my family and my dogs one of the important things to deal with was to not only read food labels very carefully but also to think of any place else that the patient could conceivably be exposed to the item being treated. For example, during the 25 hours that my Dad had to stay away from "Egg" he also had to avoid anything to do with chickens, feathers, etc. So we had to change the 'down' bed covers and pillows to cotton during the avoidance time frame.

Avoidance is such a key element in the treatment, that I can't emphasize it enough. It's not just a question of coming in contact with the allergen, avoidance means not even being in proximity of the substance. For example, one owner was clearing her dog of vitamin C. During the 25 hour waiting period, she was eating a piece of cantaloupe at the kitchen table. She wasn't aware that the dog was lying under the table. This proximity was close enough to blow the treatment for the dog and the process had to be repeated later to effect a cure.

Many times just being in the same room as the substance is enough to nullify the treatment. It's critical that during this time frame, anything containing the allergen be put away, covered, or removed from the area of the patient. Don't leave it out in the open where the energy vibrations from the substance could affect the programming of the patient.

The energy patterns from a substance are not blocked by clear glass, so don't try to hide the allergen in clear bottles. Opaque plastic will block the energy. So will wood, cloth, paper, etc. Put things away in cupboards, or some other storage area that the patient will not be exposed to. If it is in the refrigerator make sure the patient is not around if you have to open the door.

Summary

Over the many years that I have worked with animals, some of the most frustrating cases have been involved with allergies. Many times accurate diagnostics were almost impossible to come by. Although we were able to help alleviate symptoms most of the time, a permanent cure was usually an elusive goal.

In my opinion, Dr. Nambudripad should receive the Nobel Prize for her work in developing N.A.E.T. She has given us an incredible tool to utilize in holistic medicine. Her willingness to share the knowledge and to provide the training for others to properly apply the technique, is a gift to all of us. I hope one day that she receives the recognition she so richly deserves.

'Till next time, take care out there

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